Bob
for your review
the letter & order
has been filled &
answered.

[redacted]
Mansfield, PA 16933
April 17, 1983

Dear Mr. Monroe,

It was with great delight that I discovered the article "Altered States of Conciousness" in the April issue of The Mother Earth News, concerning the work being done at the Monroe Institute. I have been a "fan" of yours since reading Journeys Out of the Body eight years ago, a book which explained, for the first time, events which had occured in my own life, Events which had completely baffled me prior to reading your book.

When I was eleven years old, I began to experience spontaneous occurances of the "vibration-paralysis" phenomonon, which used to scare the hell out of me at the time. The vibrations would begin suddenly when I was on the verge of falling asleep. The experience of being totally unable to move, and yet fully concious was very disturbing, and I would desperatly attempt to move, and fight off the strange "electrical shock" sensation.

This experience would occur two or three times a year throughout my teens. As I grew older, I began to lose

some of my fear of the "vibrations", although I was never comfortable with the experience, and would try to end it when it would happen. I was, however quite curious as to just what was happening, ~~of this~~ but never ran across any mention of it in any books on sleep or psychology which I would read from time to time.

The "Great Enlightenment" came in 1975, when I picked up a copy of your book in a public library. After reading the first chapter, I was amazed to find an exact description of what had been happening to me over the years! I took the book home, and read it straight through that same evening. I had always had a deep interest in the human brain, and in parapsychology. I had heard of the Out-of-Body experience before, but only in passing, and I had never read any detailed account of OOBE's prior to J. o.t. B.

Since reading your book, I have attempted to induce an OOBE on several occasions without success. Rather, I should say that I have never been able to deliberately induce the "vibration" phenom. although it still happens to me unexpectedly on a regular basis. When the vibrations (Focus 12?) occur, I have attempted to "lift-out", but something seems to prevent this from happening. I think

that I may be trying too hard....
I have, however, observed many interesting things while in this state. The "vibrations" still usually begin when I am very relaxed and on the verge of sleep. I have discovered that they are most likely to occur when I have been awake for a long period of time, longer than normal, such as when I work late, or study into the "wee hours" of the morning. Often, ~~which~~ when I stay up late like this, I will drink several cups of strong coffee to remain alert, which seems to be especially prone to causing the experience when I do finally go to bed. (Body tired but mind still going strong?) When the vibrations occur, I have a sudden sensation of "falling over backwards" even though I am already lying down, followed by the immediate body-paralysis / electrical shock / audio sensation experience which seems to surge into the back of my head and upper back.

The audio sensations which I experience can be quite varied. The most common is the "air hiss" which you have described which can vary from high-pitched to a low rumble. Many times the hiss will be mixed with buzzing noises which appear to be in the 60 hz power frequency range. On two or three occasions, I have

heard what appears to be the murmuring of hundreds of voices, as though I had tuned into the thoughts of everyone within a 10 mile radius simultaneously.

I have not experienced any visual phenomona while in this state, at least not with my eyes closed, however on one occasion, I succeeded in opening my eyes, (I was lying on my side at the time) When I looked at my pillow, it appeared as though the pillow case had been "shredded" into strips, which were slowly waving from side to side like seaweed in an ocean current! As soon as the inbiations subsided, the pillow case resumed its' normal appearance.

Anyhow, as I said in the beginning of this letter, I was delighted to discover the Mother Earth article. Ever since I first read Journeys Out of the Body, I have been very curious to know how you have progressed in your own research into the second state. I am a communications systems repairman for Motorola, and have an extensive background in radio and electronics, and am quite familiar with the concept of audio frequency heterodyneing which you are using in your tape program, which sounds fascinating! I recently moved to this area from California, and would be very interested in enrolling in your

Gateway program. Unfortunately, financial considerations preclude it at the present time, but perhaps I will be able to do so in the near future.

I would, however, like to take atvantage of the introductory offer described in the article for which I am enclosing a check for five dollars. I will defintely want to obtain the "Discovery" cassette series in the ~~new~~ near future, so that I may begin a home study of the institute's program.

Thankyou very much for all you have done for my own personal education, and that of thousands of ~~other~~ others!

sincerely

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